

BRUSSELS SPROUTS COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
114 cal	18 g	4 g	4 g	0 mg	73 mg	25 mg

Ingredient

BRUSSELS SPROUTS,FROZEN
 CORN,FROZEN,WHOLE KERNEL
 CARROTS,FROZEN,SLICED
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

12 lbs
 12 lbs
 6 lbs
 1 lbs
 1-5/8 lbs

Measure

2 gal 3/4 qts
 2 gal 1/4 qts
 1 gal 1-1/3 qts
 2 cup
 3 cup

Issue

Method

- 1 Cook brussels sprouts 7 to 9 minutes, corn for 4 to 6 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 Vegetables must be heated to 145 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for service.